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ways, etc., is arranged alphabetically with the name of the localities where they are situated. This information is subject, of course, to frequent change and such arrangement facilitates corrections. The maps, plans, panoramas, and other illustrations are remarkably rich in clearness and amount of information. The numerous watering places among the mountains and the seaside resorts on the Atlantic and Mediterranean coasts are treated with especial fulness. The book covers the region between Barcelona on the south and along the entire mountain district from the Mediterranean to San Sebastian on the Bay of Biscay, with an extension to the Monastery of Montserrat and Barcelona. The guide book is of the highest practical value to tourists in the Pyrenees.

Physische Geographie. Von Dr. Siegmund Günther. 147 pp., 32 Figures, and Index. G. J. Göschen'sche Verlagshandlung, Leipzig, 1905. (Price, 80 pf.)

The third edition of a work that could scarcely be compressed into smaller compass. It covers a very wide field. The eleven sections treat of the form, size, and movements of the earth, its superficial and interior conditions, volcanic and seismic phenomena, terrestrial magnetism, the atmosphere, the sea, inland waters, snow and ice, and the morphology of the earth's crust. This little volume is an excellent example of the "Sammlung Göschen" which includes a large number of brief treatises on scientific subjects by authoritative writers. Volumes so small, of course, cannot be exhaustive, but the books in this collection contain essentials, are not elementary, and are clearly written, well indexed, and useful works.

Höhenklima und Bergwanderungen in ihrer Wirkung auf den Menschen. Von Dr. N. Zuntz, Dr. A. Loewy, Dr. Franz Müller, Dr. W. Caspari. Deutsches Verlagshaus, Bong & Co., Berlin-Leipzig-Wien-Stuttgart-Paris, 1906.

The book contains the results of experimental studies of mountain sickness undertaken on an expedition to the Queen Margherita House in the Eastern Alps by the authors. To obtain most accurate data, two series of observations were made: a preliminary one at Berlin to ascertain the physiological conditions of each member of the party before starting on their trip, and the principal series during the different stages of their sojourn at various heights during the trip itself. The quantities and composition of the food, too, were made uniform for the whole party and based upon physiological principles, so that the changes that were to be noticed during their ascent should be due as certainly as possible to no other influences but elevation.

Only the introductory chapters on the development of the study of mountains and on mountain climates are of a distinctively geographical character; the bulk of the book naturally belongs to physiology and medicine rather than geography. It was found that the symptoms of mountain sickness vary according to the physical constitution of the individual, to the manner in which the ascent is made, and to the rapidity with which it is made. Physical effort causes unpleasant symptoms, and at an earlier stage, than would be observed in a state of rest, and so does a rapid ascent in comparison with a gradual one. Hence walking is more dangerous than riding, and transportation on mountain railroads causes, upon reaching destination, graver attacks than riding on mules or in carriages.

From their own observations on the expedition, as well as in the laboratory, combined with those of earlier workers on the subject, the authors came to the conclusion that the principal cause of mountain sickness must be seen in the lack of oxygen in the higher altitudes. Problems of geographical bearing arise on several occasions during the discussion of the varying adaptability of mountain dwellers to their environment. The suggestion, for instance, that the superstitious awe of the high mountains shown by primitive peoples, and the legends which populate them with evil beings hostile to man, might be traced to the influences of mountain sickness upon primitive intruders, is certainly worth further investigation. Likewise the question, whether the gradual acclimatisation to the change of altitudes experienced by the tourist may be symptomatic of racial adaptations to the same by the permanent inhabitants of the different altitudes, opens up perspectives of interesting study for the ethnologist. The book is splendidly illustrated and an appendix contains the original tables of the observations made by the party. As a compendium of the symptoms, phases, and treatment of the influences of mountain climate on man, the book cannot be surpassed and will be found a never failing source of reference for any one who approaches the subject from the medical, geographical, or tourist point of view.

M. K. G

The Desert and the Sown. By Gertrude Lowthian Bell. With many Illustrations and a Map. E. P. Dutton & Co., New York, 1907.

As a traveller and as a story-teller Miss Bell ranks with Mrs. Isabella Bird Bishop. Both travelled in out-of-the-way places where the inhabitants are prone to be unfriendly, and where none but the bravest of women would dare to go alone; both succeeded to a remarkable degree in winning the confidence of the natives, and in entering into their life and feelings; and both have written narratives of unusual interest. In the present volume Miss Bell relates her experiences in the borderland between Syria and Arabia, a region to which she applies the words of Omar Khayyám:

“the strip of Herbage strown

That just divides the desert from the sown.”

Starting from Jerusalem early in February, 1905, she went east across the deep *graben* of the Jordan Valley, and up to the Belka, or Plain of Moab, a land of “swell and fall, fall and swell, as though the desert breathed quietly under the gathering night.” Here she crossed the new Mecca railroad which now runs from Aleppo nearly to Medina. Then, turning north, she made her way along the edge of the desert through the Druze country of volcanic Jebel Hauran to Damascus. Thence she zigzagged through the Lebanon by Baalbek and Hamath to Aleppo, and finally west to the sea by way of Antioch, lovely even in its ruins.

The journey lasted only two months. At no time was Miss Bell more than 125 miles from the sea; during half the journey she was within 30 miles of a railroad; and she never was more than 70 miles from steam communication, either by rail or boat. Nevertheless she traversed regions where the people are still absolutely untouched by civilization; and frequently her track led over ground almost unknown to Europeans. The railroad, it must be remembered, is new. Moreover, it lies on the very edge of the almost impenetrable desert. As yet the new means of locomotion has not produced much effect, even upon